

(TMI Focus, Vol. XXIII, No. 2, Spring 1991)

## QUARTERLY TAPE

*Macaroni Pony*

*A Hemi-Sync® Lullaby*

Our member selection this quarter is a Hemi-Sync tape designed to lull a child to sleep peacefully and easily. *Macaroni Pony* contains a charming 30-minute bedtime story that the children in your life will love.

We are very pleased to introduce this tape selected from two brand-new tape series for newborns to seven-year-olds. Every element of these tapes—plot, voice, music, timing and, of course, Hemi-Sync—has been thoughtfully combined to facilitate transition from an active/awake state to that of restful sleep.

One series consists of four bedtime stories, each written to be entertaining and fun, provide beautiful and positive imagery, and introduce interesting characters. Typical plots are based on children curiously exploring their world, learning to feel good about themselves, and using their colorful imaginations. The delightful stories are then mated with original music and wonderful sound effects to make the images come alive.

The second series contains four pieces of original instrumental music, composed specifically to calm young listeners and guide them easily into sleep. While intended for infants and children, they can be enjoyed by any age. Beautifully arranged and performed, they are perfect simply for listening, or as background to a favorite bedtime story.

These series of children's sleep tapes originated with the Achates Corporation, founded by Paul and Barbara Logan. As members of the Institute's Inner Circle, they were sent the *Sleepy Locust* tape last summer, and found it to be incredibly effective with their three-year-old. He had always had difficulties falling asleep, and bedtime often lasted an hour or more. The first time he listened to *Sleepy Locust*, he fell asleep in ten minutes! Knowing that all parents, grandparents, and babysitters have times when they could use help in putting infants or children to bed, the Logans decided to create these series, with the help of TMI's Hemi-Sync, for the general public.

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